



**STEFAN LAMERS**

# **10 Laws Of Body Transformation**

**EBOOK**

## About the writer: Stefan Lamers

Over the past few years I have decided to start sharing my fitness and nutrition knowledge and I've grown a big following in a short time because my team and I consistently help people get amazing results.

I started my fitness journey 8 years ago and did not only transform my body massively, but also my mind. Fitness got me into self-development which changed my life for good.

As a former soccer player and current fitness athlete, I have attained tremendous physical vitality, health and attraction. I am an athlete and transformation coach at heart, and I will soon teach you how you can achieve your own physical goals you've always dreamed of.

Owner of two successful businesses and soon graduating with my engineering degree on top of that. Always pursuing success. Success is my duty, obligation and responsibility. And it's yours too.

My purpose is to be the best version of myself and to spread positivity and knowledge with the world.

Use the laws inside this eBook as a checklist for your journey to your dream body. The more you implement in your daily life, the more results you will see. If you implement all 10 I guarantee that you will succeed.

**-Stefan "Your Online Coach" Lamers**

# I'VE DONE IT ALL...

I went from a skinny-fat, weak and videogame addicted 14-year-old, and build tons of muscle and got strong...



I also went from big and strong, and leaned out to get that shredded fitness model look I always dreamed of.

All the while maintaining my strength, athleticism and vitality.

On top of all that, I gained benefits through this transformation that I never thought of like: confidence, endless amounts of energy, happiness, attraction, health, and so much more.

My life changed the moment I decided to transform. And you can too...

Simply follow the 10 Laws of Transformation beneath and follow my future content.

# 1

## SET LONG-TERM AND SHORT-TERM GOALS

More often than not, people tend to shoot themselves in the foot by not having any realistic goals as they embark on their endeavor to create a better, healthier body.

***“If you fail to plan then you are planning to fail.”***

The best way to categorize goals is as either short-term or long-term. Generally, a short-term goal is something that can be accomplished in a matter of weeks, or maybe even days. Long-term goals are things that you hope to achieve in a few months or further down the road.

A good way to think of it is that short-term goals should serve as stepping stones to your long-term goals.



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# 2

## STAY CONSISTENT

**“Long term consistency trumps short term intensity.”**

You're better off training 3 times a week every week than training 6 days a week and falling off from your routine every few weeks.

**The same goes for your diet.**

All the small progress you make on a daily basis may not reflect in the mirror at first, but if you keep consistent and put in the work each and every day, you will eventually see all your hard work pay off.



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# 3

## BE A MINIMALIST ON EXERCISE SELECTION

**“The less exercises, the better.”**

You'll hear me talk about this in a bonus video soon but only pick exercises that give you the most bang for your buck.

Do the basic heavy multi-joint movements like squat, deadlift, bench press, overhead press and some accessory multi-joint exercises to bring up weak body parts.

You will become efficient at these movements, giving you the ability to get really strong on them and stimulating the maximum amount of muscle.



# 4

## PROGRESSIVE OVERLOAD

I talk about this in the bonus video about your focus of training. When you go into the gym one of your main priorities should be progressing from your previous workout.

Especially on multi-joint exercises like **presses, rows, squats** and **deadlifts**, in order to stimulate new muscle growth.



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# 5

## FOCUS ON PROGRESS

The most crucial aspect of any diet and exercise regimen is constant progression. If you're not progressing in some fashion on a weekly basis, then you're simply running in place and wasting your time.

Most people that start on a diet and exercise program never see it through to the end because they're unsatisfied with their short-term progress and give in to their old habits.

**Focus on the progress you're making in this very moment.**

Don't worry about the past; it's already gone.

Don't be preoccupied with the future; be the best you can be today.

Make the most you can of what you've been given and respect the process.





# 6

## TRACKING PROGRESS

Tracking your progress is absolutely essential in transforming your body so that you can adjust your plan as soon as you stagnate.

Keeping track will also motivate you if you look back at your progress (if you're doing it right).

The following data should ALL be considered prior to making an adjustment to your fat-loss or muscle-building strategy:

- 1. Progress photos,**
- 2. weekly/daily bodyweight measurements,**
- 3. body measurements**

, including waist circumference at belly button, arms at the bicep peak, thighs on the thickest point but under the glutes.

Keep track of all the data in a convenient progression log so you can oversee all your progress and possible stalls.



# 7

## HIT DAILY NUTRIENT INTAKE TARGETS

If you want to take the guess work out and know exactly what you're putting in your body, then it is best to get in the habit of counting your calorie intake, and also tracking your macronutrient intake as well.

**You wouldn't expect to bake the perfect cake by guessing the required amounts of flour, sugar and butter in the recipe. Right?**

Once you've find out how much calories and macronutrients to eat, try to stick to it as much as you can.

It doesn't have to be exact. While precision and consistency are optimal, being within 5g of each macro is acceptable and isn't going to derail progress.

Being over or under 50-60 calories on the day is a lot different than 500-600.

**"Context is key."**

Overall calorie intake is far more critical than the macro intake



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# 8

## HIT DAILY WATER INTAKE TARGET

Proper hydration is crucial to maintaining cell functions, and without enough water, performance and overall health can be greatly hindered.

The amount of water one needs on a daily basis varies based on their size and their activity level (active individuals generally require much more liquid than sedentary individuals).

While everyone has different fluid requirements based on size, activity level, etc., 1 gallon per day is usually sufficient.

**“Lastly, a good rule of thumb to go by is that if your urine is a dark yellow color, you are dehydrated; if it’s clear, you are taking in adequate fluid.”**



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# SUSTAINABILITY & REWARDING YOURSELF

**“The most important factor of any diet or lifestyle is for it to be sustainable.”**

If you cannot stay on a certain diet for months or years at a time, it's not sustainable and you're likely to fail.

Implement foods that you like and weekly cheat meals as a reward for the hard work you put in.





# 10

## QUALITY SLEEP

Even acute losses of sleep have been shown to have a host of harmful effects in humans, including tendency to overeat the next day and decrease insulin sensitivity, two things that spell disaster when combined.

Sleep loss usually results in feeling stressed out as well, which is generally not favorable for proper appetite regulation.

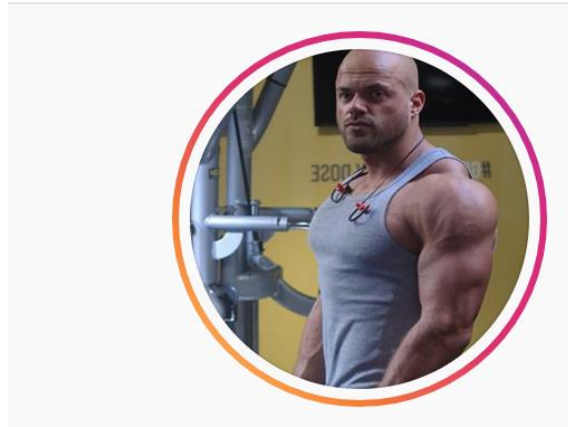
**“Aim to get at least 7-8 hours of sleep per night.”**



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# HERE'S WHAT'S NEXT...



See CRAZY 'Behind The Scenes' Secrets of EVERYTHING I Do On  
A Daily Basis!

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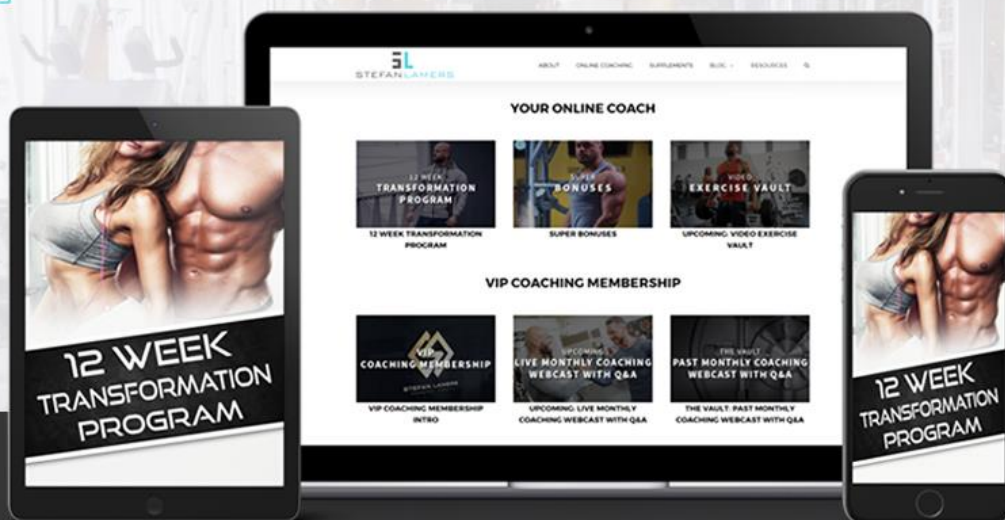
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That You Don't Know Off!

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**BURN FAT & BUILD MUSCLE**



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